

**BE TICK  SMART**

**PROTECT · CHECK · REMOVE · WATCH**

# **SAY YES TO ADVENTURES. SAY NO TO TICKS.**



**Whenever you spend time outdoors, it's possible ticks are nearby.**

Take simple steps to protect yourself from tick bite illnesses:

- Wear tick repellent and ask your vet about products for pets
- Do regular tick checks (check your pets, too!)
- Shower soon after spending time outdoors
- Watch for symptoms after removing an attached tick



For more information, visit  
**[HealthVermont.gov/BeTickSmart](https://HealthVermont.gov/BeTickSmart)**

 **VERMONT**  
DEPARTMENT OF HEALTH